THINKING ABOUT SUICIDE IS A CRY FOR HELP!



Suicide is the act of an individual who makes an intentional, direct, and deliberate effort to end their life.

Life can be complicated for many teens, and for some, this emotional overload can lead to depression or alienation, the feeling of being isolated and separated from everyone else. When teens find themselves desperately unhappy with the life they live, they may resort to suicide in an attempt to end the pain they have inside.

Don't let suicide be the remedy to end your life! Speak up and reach out!

If you know a teen who is thinking about suicide, or if you are at risk for suicide, take it seriously. You can make a difference!

RESOURCES

Department of Health Injury Prevention & Control Leahi Hospital/Trotter Building Basement 3675 Kilauea Ave., Honolulu, HI 96816 Phone: (808) 733-9320

www.nogethurt.hawaii.gov or http://hawaii.gov/health
To register for suicide intervention workshops, go to:
http://hawaii.gov/health and scroll down to "Suicide
Intervention Workshops"

Pua Kaninau-Santos Queen Lili'uokalani Children's Center 1300 A Halona St., Honolulu, HI 96817 Phone: (808) 851-7731 Email: kkanina@qlcc.org

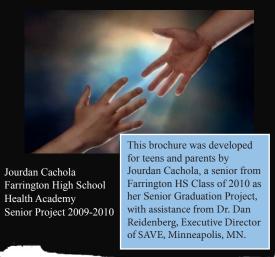
SAVE – Suicide Awareness Voices of Education 8120 Penn Ave. S., Suite 470, Bloomington, MN 55431 Phone: (952) 946-7998 www.save.org

American Association of Suicidology 5221 Wisconsin Avenue, NW, Washington, DC 20015 Phone: (202) 237-2280 Fax: (202) 237-2282

American Foundation for Suicide Prevention 120 Wall Street, 22nd Floor, New York, NY 10005 Phone: (212) 363-3500 Toll-free: 1-888-333-AFSP (2377) Fax: (212) 363-6237

Reachout.com

This website – sponsored by the national non-profit Inspire USA Foundation – provides "information and support services to teens and young adults facing tough times and struggling with mental health issues."



TEEN SUICIDE



Let's Talk About It!

WHAT INCREASES A TEEN'S RISK OF SUICIDE?



Strained Relationships:

- → Parents
- → Family
- → Boyfriend/Girlfriend
- \rightarrow Friends
- → Others

Emotional Distress:

- → Depression/ Alienation
- → Bi Polar
- → Anxiety
- → Eating Disorder

A Loss:

- → Death of a loved one
- → Breakups

Bullying:

- → Cyber
- → Physical
- → Emotional

Sexual Orientation

- \rightarrow Gay
- → Lesbian
- → Bi Sexual
- → Transgender

RECOGNIZING THE WARNING SIGNS

Verbal Signs

- → Direct Statements:
 - "I want to die."
 - "I hate my life."
- → Indirect Statements:
 - "I won't be a problem for you much longer."
 - "Nothing matters."
- → Writing poems, songs, or diary entries about death

Nonverbal & Behaviora Signs

- → Withdrawal from friends
- → Feelings of guilt, shame, or rejection; hopelessness; negative self-evaluation
- → Lose interest in favorite things or activities
- → Substance/alcohol abuse
- → Change in sleep patterns
- \rightarrow Drop in grades
- → Dramatic changes in moods, hygiene, or appearance
- → Seeing no reason for living





SUICIDE IS PREVENTABLE!!!

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GET HELP NOW!



Talk to someone you TRUSI about your problem(s):

- → Friend
- → Family Member
- → Coach or Mentor (someone who helps you teachers, coaches, etc.)
- → School Counselors/ Teachers
- → Religious Leaders
- → Doctors
 - Psychiatrist
 - Therapist
 - Others

Hotlines to call:

- → ACCESS Line 832-3100 (Oahu) 1-800-753-6879 (Neighbor Islands toll free)
- → Teen Line Hawaii
 521-TFFN
- → National Suicide Prevention Lifeline, 1-800-273-TALK